

Questions for your doctor, nurse or pharmacist

Are hormones right for me? Why?

Are there other things I can use or do?

What are the benefits and risks?

How long should I use hormone therapy?

What is the lowest dose that will work for me?

What are the side effects?

If I want to stop hormones, how should I do that?

When should I be checked for:

- ☐ Blood pressure
- ☐ Bone health
- ☐ Breast cancer
- ☐ Cervical cancer
- ☐ Colon cancer
- ☐ Cholesterol
- ☐ Dental health
- ☐ Diabetes
- ☐ Glaucoma

Do you have any advice to help me:

- ☐ Exercise
- ☐ Stop smoking
- ☐ Eat right
- ☐ Sleep better
- ☐ Reduce stress

REMEMBER

When using hormone therapy for menopause

- ☐ Use at the lowest dose that helps
- ☐ Use for the shortest time needed

Notes: _____



Department of Health and Human Services
Food and Drug Administration

